

WHAT IS CLAIMED IS:

1. A method of using a baseball training device for one to acquire improve batting form comprising the steps of:
 - 5 (a) placing a first foot on the baseball training device, the baseball training device comprising: (i) an integrated pivoting unit comprising a first flange and a second flange in facing relation, the first flange pivotally attached at its center to the center of the second flange, a bearing housing defined where the first flange is pivotally attached to the second flange for holding ball bearings, the first and second flange each having an outward facing surface; (ii) a foot-engaging member attached with fastening means to the outward facing surface of the first flange; (iii) a ground-engaging member attached with fastening means to the outward facing surface of the second flange; and (iv) a sealing member encircling the bearing housing;
 - 10 (b) assuming a batting stance, placing a second foot approximately a shoulder's width apart from the first foot, and cocking a bat above the shoulder corresponding with the first foot;
 - (c) shifting weight so that the majority of one's weight is supported by the first foot;
 - (d) swinging the bat, and simultaneously rotating the first foot on the baseball training device but not moving the first foot off of the baseball training device so that one's hips rotate
 - 20 in the same direction as the bat; and
 - (e) completing the swing.
2. The method of claim 1 wherein the sealing member is a rubber o-ring.
3. The method of claim 1 wherein the fastening means are rivets.
4. The method of claim 1 wherein the foot-engaging member and the ground-engaging member
 - 25 are round.
5. The method of claim 1 wherein the foot-engaging member and the ground-engaging member have the same diameter.

6. The method of claim 5 wherein the diameter ranges from 3.5 inches to 6.0 inches.
7. A method of using a baseball training device for one to acquire improve batting form comprising the steps of:
 - (a) placing a first foot on the baseball training device, the baseball training device comprising: (i) an integrated pivoting unit comprising a first flange and a second flange in facing relation, the first flange pivotally attached at its center to the center of the second flange, a bearing housing defined where the first flange is pivotally attached to the second flange for holding ball bearings, the first and second flange each having an outward facing surface; (ii) a round foot-engaging member having a first surface and a second surface, the first surface and second surface being on opposite sides of the foot-engaging member, the first surface attached with fastening means to the outward facing surface of the first flange; (iii) a round ground-engaging member having a first surface and a second surface, the first surface and second surface being on opposite sides of the ground-engaging member, the first surface attached with fastening means to the outward facing surface of the second flange; (iv) a rubber o-ring encircling the bearing housing a sealing member encircling the bearing housing; and (v) a cover material attached to the second surface of the foot-engaging member and to the second surface of the ground-engaging member;
 - (b) assuming a batting stance, placing a second foot approximately a shoulder's width apart from the first foot, and cocking a bat above the shoulder corresponding with the first foot;
 - (c) shifting weight so that the majority of one's weight is supported by the first foot;
 - (d) swinging the bat, and simultaneously rotating the first foot on the baseball training device but not moving the first foot off of the baseball training device so that one's hips rotate in the same direction as the bat; and
 - (e) completing the swing.
8. The method of claim 7 wherein the foot-engaging member and the ground-engaging member

have the same diameter.

9. The method of claim 8 wherein the diameter ranges from 3.5 inches to 6.0 inches.